

## **November: Be Aware of Pre-Diabetes**

This month's health topic is Pre Diabetes. In the US one in three adults has Pre Diabetes and many are unaware. Their glucose level is higher than normal but not high enough to be diagnosed with type 2 Diabetes. Pre Diabetes can be discovered by a simple blood glucose test called an A1C which reflects glucose levels for previous 3 months. A level of 5.7 to 6.4 represents Pre Diabetes. A level of 6.5 or higher represents type 2 Diabetes.

A person could have Pre Diabetes, Diabetes or be at risk to develop it if they are:

1. Age 45 or older
2. Have a family history of type 2 Diabetes
3. Are physically inactive
4. Had gestational Diabetes during pregnancy or delivered a baby weighing 9 lbs or more.
5. Are overweight.

Type 2 Diabetes can lead to serious illnesses including heart attack, stroke, blindness, kidney failure, or amputation of toes, feet, legs.

Studies show that participation in a lifestyle change program can prevent or delay development of type 2 Diabetes. Self interventions to decrease one's risk of developing type 2 Diabetes include.

1. Eat foods low in calories, saturated fat, trans fat, sugar and salt
2. Increase fiber in your diet through whole grain bread, whole grain pasta, brown rice, steel cut oats. Eating 3 servings per day can decrease risk by one third.
3. Drink water rather than juice or soda.
4. Exercise a minimum of 30 minutes at least three times a wk.
5. Stop smoking
6. Lose weight. Losing even 5-10 percent of your current weight can lower your risk
7. Talk with your primary health care provider about checking your fasting glucose and A1C.

People with Pre Diabetes who do not initiate lifestyle changes could develop type 2 Diabetes within five years.

Resources for more information on Pre Diabetes and type 2 Diabetes include:

National Diabetes Education Program  
[www.YourDiabetesinfo.org](http://www.YourDiabetesinfo.org)

CDC  
[www.cdc.gov/Diabetes](http://www.cdc.gov/Diabetes)

American Diabetes Association  
[www.Diabetes.org](http://www.Diabetes.org)